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| July 10th  | July 11th  | July 12th  | July 13th  | July 14th  |
| **Meet at Skyline 7:30**-Syllabus/expectations-Run-Team sports (soccer)- Archery -Tennis -Crossfit/abs-Nutrition lesson-Weight room-team sports (badminton)**Pick up at Skyline 3:30** | **Meet at Skyline 7:30**-Run-Team sports (soccer)\*9:30-10:30 Barre\*-Assign cooking projects-Walk to QFC…Pine Lake Park..Kickball-Crossfit/abs-Archery-Weight room-team sports (volleyball)**Pick up at Skyline 3:30** | **Meet at Skyline 7:30** -Relay RunsUltimate FrisbeeWalk Spartan 5 km route Yoga/Create yoga workoutKickboxing Class True Martial ArtsSpike BallYoga ProjcetsCombine Fitness**Pick up at 3:30** | **Meet at Skyline 7:30**-Fountain run- team sport (superball)\*9:30-10:30 Ballroom\*-Tennis-Fitness testing Combine-Yoga-Weight room activity-team sports (gola, floor hockey)**Pick up at Skyline 3:30** | **Meet at Centennial Fields****8:00** -Golf (W) 8:30-11:00-Golf (H) 12:30-3:00-team sports (gaelic)-Hike to Tolgate farm-Abs/X fit**Pick up at Centennial Fields 3:00** |
| July 17th  | July 18th  | July 19th  | July 20th  | July 21st  |
| **Meet at Skyline 7:30**-5k Pine Lake Park-Capture the Flag-Weight training project- Wimbledon tourney -team sports (pickleball) \*1:30-2:30 Rizzmic\*-Yoga**Pick up at Skyline 3:30** | **Meet at Skyline 7:30**-Sammamish City Hall park walk-Team sports: Olympic -- ---Team Lawn Games-Track and Field-Yoga-Weight room activity-HR -team sports (volleyball)**Pick up at Skyline 3:30** | **Meet at SHS 7:30**Track and FieldWalk to Beaver Lake ParkUltimate FrisbeeOlympic GamesTennisArcheryVolleyballBasketballTeam Fitness**Pick up at 3:30** | **Meet at Skyline 7:30****-**HR run-Flag Football or Soccer-Ninja Warrior -Weight training project-Crossfit team circuit -Dance -team sports (tchouk, sick)**Pick up at Skyline 3:30** | **Meet at Centennial Fields****8:00**-Hike to Snoqualmie Falls-Bowling (H) 10:30-11:30-Bowling (W) 1:30-2:30-Golf (W) 8:30-11:00-Golf (H) 12:30-3:00**Pick up at Centennial Fields 3:00** |

**PLEASE NOTE:**

\*Drop off is at 7:30am when we are at Skyline High School (Mondays, Tuesdays, Thursdays)

\*Drop off is at 8:00am when we are “off campus” (Wednesdays, Fridays)

\*Pick up is at 3:30pm when we are at Skyline High School (Mondays, Tuesdays, Thursdays)

\*Pick up is at 3:00pm when we are “off campus” (Wednesdays, Fridays)